

## Abstract

**CREATIVE PROJECT:** Anything Helps: A 2D-Animated Short Film

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*Anything Helps* is a 2D-animated short film meant to instill hope in those who may be struggling with difficult life situations and suicidal ideation. The message of hope is tied to one character's choice to alter the negative phrase of a suicide note from "It will never get better" to "It will get better." The altered note is blown throughout the city by an almost-sentient wind and enters the scene of different characters' struggles. It affects each character differently, either by motivating them to not give up, reminding them that they are not alone, or encouraging them to accept help from others. This note serves as a sign that, although their futures may seem dim during their time of struggle, their situations can improve.

Topics of mental health and suicidal ideation are seldom addressed in the animation industry and are often portrayed in negative ways. Although 2D animation has been acknowledged for its success in translating ideas through familiarity and simplification, it is uncommon for films in this medium to offer hope for moving forward from these issues. This creative project analyzes how the concept of hope can affect viewers in a positive way.